



GREEN: The person is functioning at their norm. As they start progression toward **yellow/amber**, everyday thoughts become confused or do not connect properly. Ideas are unclear or don't make sense. A person may have difficulty communication thoughts or is verbally expressing unusual ideas. The person may be experiencing disorganised thinking.

YELLOW/AMBER: in psychosis, the person sees, hears, feels, smells, or tastes things that are not actually there. For example, they may see things or hear voices that aren't there. These voices are referred to as auditory hallucinations. Hallucinations are very difficult to understand for those who have not experienced them. Hallucinations occur more frequently during the acute phase. (Moving towards **red**) During this phase, some individuals also experience heightened senses. This is not the same as a hallucination. In this case, senses can become so acute that the individual experiences great discomfort. It is best to seek help at this stage before the person enters the red zone.

RED: it is common for a person experiencing a psychotic episode to hold false beliefs, known as delusions. They are so convinced of their delusion that even the most logical argument cannot make them change their mind. For example, someone may be convinced that the cars parked outside his or her house indicate that the police are watching him or her. It is important to never argue with someone's delusion. The delusion is extremely powerful and arguing with the person will only increase his or her stress level.